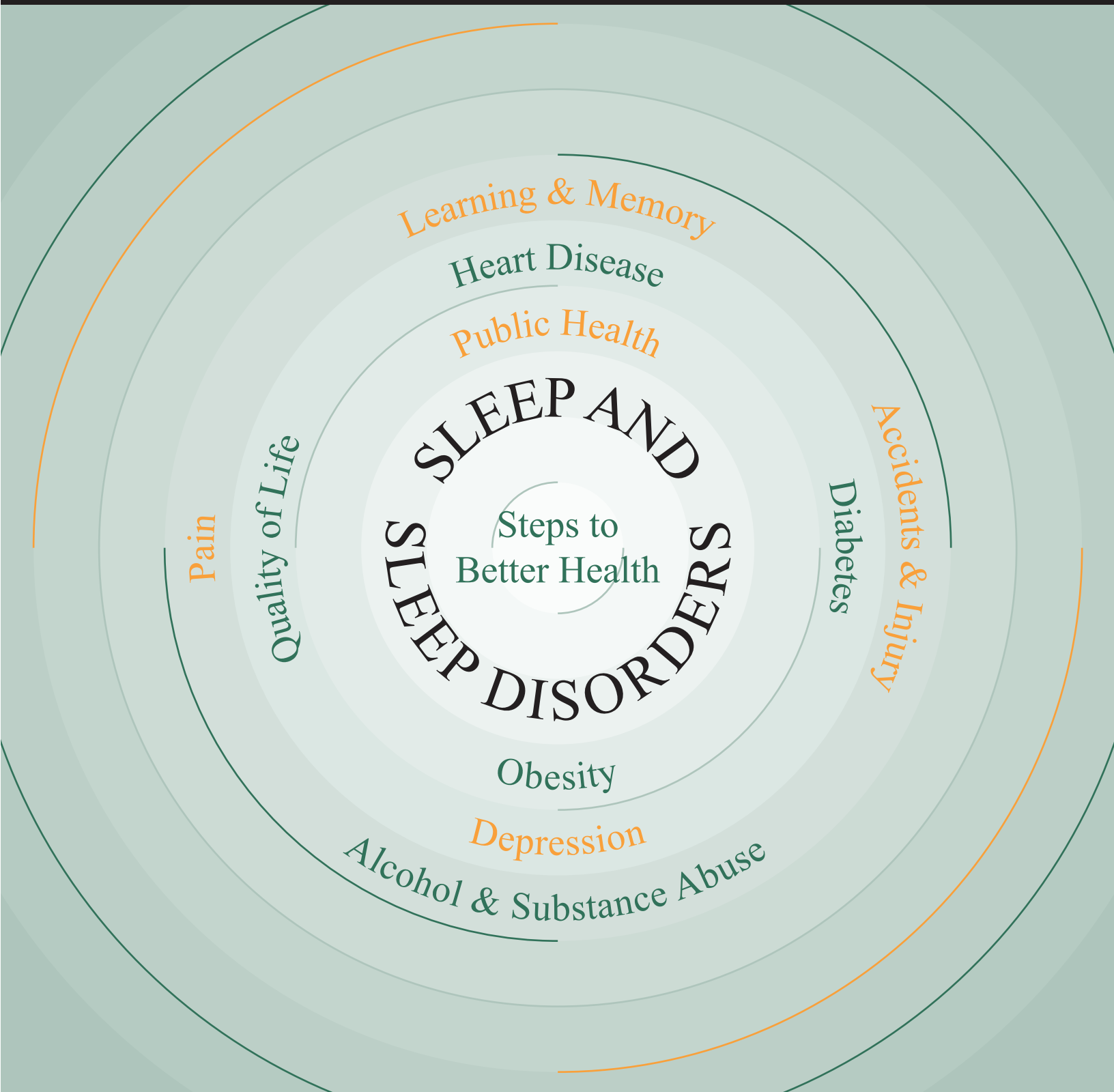


Frontiers of Knowledge in Sleep & Sleep Disorders: Opportunities for Improving Health and Quality of Life

Bethesda, Maryland - March 29-30, 2004



SPONSORED BY

National Center on Sleep Disorders Research; National Heart, Lung and Blood Institute
and Trans-NIH Sleep Research Coordinating Committee

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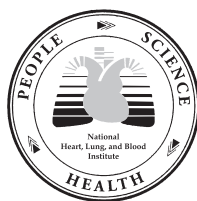
NIH Campus, Natcher Auditorium

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American Academy of Sleep Medicine (AASM); American Insomnia Association (AIA); American Sleep Apnea Association (ASAA); Narcolepsy Network (NN); National Sleep Foundation (NSF); Restless Legs Syndrome Foundation (RLSF); Sleep Research Society (SRS)

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*Also Conference Planning Committee Member

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Introduction

Dramatic expansion of new knowledge about the importance of sleep, the health consequences of chronic sleep deprivation, and sleep disorders has occurred in recent years. Chronic sleep loss and untreated sleep disorders have a profound and diverse impact on health, behavior, and quality of life. The health consequences of sleep disorders, sleep deprivation and excessive daytime sleepiness annually affect 50 to 70 million Americans, add approximately \$15 billion to our national health care bill, and cost industry \$50 billion in lost productivity.

The National Sleep Conference is an innovative two-day program that will assemble health care providers, public health and education experts, policy makers, patient advocacy organizations, sleep medicine specialists, and other stakeholders. The Conference will address how information about sleep and sleep disorders can translate into cost-effective, comprehensive, and broadly-applied strategies to improve all aspects of sleep-related health care.

Our challenge is bridging the gap between knowledge and effective health care. Sleep disorders are not identified in many affected individuals and many patients are therefore not receiving effective treatment.

To address this challenge, the Conference will capitalize on the unique interdisciplinary expertise of all participants to develop an action plan with high potential for improving public health and quality of life. The action plan will include steps for immediate implementation of the plan and a strategy for post-Conference monitoring.

Registration is FREE

ALL attendees MUST pre-register either online at www.sleeptranslation.com or complete the form at the back of the brochure and fax to (708) 492-0943 Attn: Meeting Department.

Please be sure to also rank order your top three choices for the Concurrent Action Group Panels.

Location

This conference will be held on the NIH Campus in the Natcher Center Auditorium, Bethesda, Maryland.

Questions

For questions regarding this conference, contact:

Al Golden, MPH
National Center on Sleep Disorders Research
Phone (301) 435-0193
Fax (301) 480-3451
Email golden@nhlbi.nih.gov

Program of Events

Monday, March 29, 2004

- | | |
|-----------------|---|
| 8:00am – 8:10am | Welcome and Conference Goals <i>Carl E. Hunt, M.D., Director, NCSDR</i> |
| | Opening Comments <i>Barbara Alving, M.D., Acting Director, NHLBI</i> |
| 8:10am – 8:20am | The Importance of Translation in Fulfilling The NIH Mission <i>Elias Zerhouni, M.D., Director, NIH (Invited)</i> |
| 8:20am – 8:30am | Steps to a Healthier U.S. <i>Richard H. Carmona, M.D., M.P.H., U.S. Surgeon General (Invited)</i> |

Session 1 (8:30am – 11:15am)

Normal and Abnormal Sleep: Opportunities for Translation

Co-Moderators: Conrad Iber, M.D., President, American Academy of Sleep Medicine; Gregory Morosco, Ph.D., M.P.H., Director, Office of Prevention, Education, and Control, NHLBI

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|-------------------|--|
| 8:30am – 8:50am | Determinants and Characteristics of Healthy Sleep: Maintaining Physiologic Homeostasis (Circadian Rhythm, Sleep Debt) <i>Charles A. Czeisler, M.D., Ph.D.</i> |
| 8:50am – 9:10am | Prevalence of Sleepiness and Sleep Disorders <i>Thomas Roth, Ph.D.</i> |
| 9:10am – 9:30am | Insomnia (What Is It; What Needs Translation) <i>Daniel Buysse, M.D.</i> |
| 9:30am – 9:50am | Restless Legs Syndrome (What Is It; What Needs Translation) <i>Mark W. Mahowald, M.D.</i> |
| 9:50am – 10:10am | Sleep Disordered Breathing (What Is It; What Needs Translation) <i>Stuart Quan, M.D.</i> |
| 10:10am – 10:30am | Break |
| 10:30am – 10:50am | Narcolepsy/Hypersomnia (What Is It; What Needs Translation) <i>Emmanuel Mignot, M.D., Ph.D.</i> |
| 10:50am – 11:15am | Discussion |

Session 2 (11:15am – 2:15pm)

Normal and Abnormal Sleep: What Price Do We Pay?

Co-Moderators: James K. Walsh, Ph.D., President, National Sleep Foundation; L. Gregory Pawlson, M.D., M.P.H., Executive Vice-President, National Committee on Quality Assurance

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|-------------------|---|
| 11:15am – 11:35am | Neurocognitive (Learning and Memory) <i>Robert Stickgold, Ph.D.</i> |
| 11:35am – 11:55am | Performance (Accidents, Drowsy Driving) <i>David Dinges, Ph.D.</i> |
| 11:55am – 12:15pm | Cardiovascular Sequelae <i>Virend Somers, M.D.</i> |
| 12:15pm – 12:35pm | Obesity and Diabetes <i>Eve Van Cauter, Ph.D.</i> |
| 12:35pm – 1:30pm | Lunch |
| 1:30pm – 1:50pm | Mood/Quality of Life and Psychiatric Sequelae <i>Ruth Benca, M.D., Ph.D.</i> |
| 1:50pm – 2:15pm | Discussion |

Session 3 (2:15pm - 5:00pm)

Normal and Abnormal Sleep: Populations at Risk (including under-served, under-represented populations)

Co-Moderators: Emmanuel Mignot, M.D., Ph.D., President, Sleep Research Society; Russell Morgan, Dr.PH, President, Spry Foundation

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|-----------------|--|
| 2:15pm – 2:35pm | Adolescents/Children <i>Mary Carskadon, Ph.D.</i> |
| 2:35pm – 2:55pm | Older Adults <i>Phyllis Zee, M.D., Ph.D.</i> |
| 2:55pm – 3:15pm | Break |
| 3:15pm – 3:35pm | Women's Health <i>Kathy Lee, Ph.D., R.N.</i> |
| 3:35pm – 3:55pm | Psychiatric Disorders <i>W. Vaughn McCall, M.D.</i> |
| 3:55pm – 4:15pm | Substance Abuse and Alcoholism <i>Timothy Roehrs, Ph.D.</i> |
| 4:15pm – 4:35pm | Neurological Disorders <i>David Rye, M.D., Ph.D.</i> |
| 4:35pm – 5:00pm | Discussion |
| 5:00pm | Adjourn |

Tuesday, March 30, 2004

Session 3, Continued (8:00am - 9:00am)

Normal and Abnormal Sleep: Populations at Risk

Co-Moderators: Emmanuel Mignot, M.D., Ph.D., President, Sleep Research Society; Russell Morgan, Dr.PH, President, Spry Foundation

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|-----------------|---|
| 8:00am – 8:20am | Chronic Medical Disorders (pain, cancer, infection, lung) <i>Conrad Iber, M.D.</i> |
| 8:20am – 8:40am | Occupational Groups (shiftwork, transportation, health care, military) <i>Mark R. Rosekind, Ph.D.</i> |
| 8:40am – 9:00am | Discussion |

Session 4 (9:00am – 11:15am)

What is Translation and What Is Its Objective?

Co-Moderators: Gregory Morosco, Ph.D., M.P.H., Director, Office of Prevention, Education, and Control, NHLBI; Russell Morgan, Dr.PH, President, Spry Foundation

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|-------------------|--|
| 9:00am – 9:20am | Translational Opportunities & Lessons Learned: Public Health <i>Hector Balcazar, Ph.D., M.S.</i> |
| 9:20am – 9:40am | Translational Opportunities & Lessons Learned: Health Care <i>Judy Sangl, Sc.D.</i> |
| 9:40am – 10:00am | Translational Outcomes (How to Develop Performance Models; HEDIS) <i>L. Gregory Pawlson, M.D., M.P.H.</i> |
| 10:00am – 10:20am | Break |
| 10:20am – 10:40am | A Dissemination and Implementation Model <i>Richard J. Schuster, M.D., M.M.M.</i> |
| 10:40am – 11:15am | Discussion |

Session 5 (11:15am – 12:15pm)

Concurrent Action Group Panels

During the group panels, the following issues will be discussed as they pertain to the group topic:

- Populations at risk (including under-served, under-represented populations)
- Opportunities for improving public health
- Barriers to implementing change
- Action items and timeline
- Stakeholder perspectives

Group A: Neurocognitive (Learning and Memory)

Group B: Performance (Work Accidents, Drowsy Driving)

Group C: Cardiovascular Disease

Group D: Obesity and Diabetes

Group E: Psychiatric Disorders

12:15pm – 1:15pm Lunch

Session 5, Continued (1:15pm – 3:00pm)

Concurrent Action Group Panels

3:00pm – 3:15pm Break

Session 6 (3:15pm – 5:30pm)

Action Group Reports: A Call to Action

Co-Moderators: Carl E. Hunt, M.D., Director, NCSDR; William C. Dement, M.D., Ph.D., Director, Stanford University Sleep Disorders Center

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|-----------------|-----------------------------------|
| 3:15pm – 4:30pm | Group Reports |
| 4:30pm – 5:30pm | Discussion: Final Recommendations |
| 5:30pm | Adjourn |

Hotel Information

A block of rooms has been reserved for this conference at the Four Points by Sheraton Bethesda hotel. A special group rate of \$129/night, single/double occupancy, plus all applicable taxes, is available on a first-come, first-served basis until February 25, 2004, or as long as rooms are available. Make your reservation by calling the toll-free number 1-800-325-3535 or online via <http://www.fourpoints.com/attendmeeting>. You must reference the **"Sleep Conference"** group #1341 in order to secure the special discounted rate.

The Four Points hotel is within walking distance to the Natcher Center Auditorium, or you may utilize the hotel's complimentary shuttle service. Shuttles run every hour on the ½ hour starting at 7:30am.

Four Points by Sheraton Bethesda
8400 Wisconsin Avenue
Bethesda, MD 20814
Phone: (301) 654-1000
Fax: (301) 986-1715

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Registration Form

Registration Information – Please type or print clearly

First Name: _____ Middle Initial: _____ Last Name: _____

Professional Certification: _____

Institution: _____

Department: _____

Address: _____

City: _____ State: _____ Postal Code: _____ Country: _____

Phone: (_____) _____ Fax: (_____) _____ Email: _____

Primary Area of Interest/Specialty: _____

Registration is FREE

2 Ways to Register

Online: <http://www.sleeptranslation.com>

Fax: (708) 492-0943
Attn: Meeting Department

Session 5: Concurrent Action Group Panels (11:15am - 3:00pm, Tuesday, March 30)

Please rank order your top three choices from 1-3 with 1 as your top choice.

_____ Group A: Neurocognitive (Learning & Memory)

_____ Group B: Performance (Work Accidents, Drowsy Driving)

_____ Group C: Cardiovascular Disease

_____ Group D: Obesity and Diabetes

_____ Group E: Psychiatric Disorders



TRANS-NIH SLEEP RESEARCH COORDINATING COMMITTEE

Member Institutes/Centers and Representatives

October 2003

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